

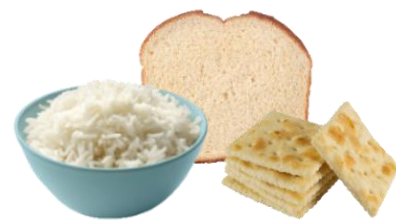
Crediting Enriched Grains in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). The [SFSP meal patterns](#) require one serving of the grains/breads component at breakfast, lunch, and supper. One serving of the grains/breads component may be offered as one of the two required snack components.

To credit as the grains/breads component, grain products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. Cooked and ready-to-eat (RTE) breakfast cereals must be whole grain, enriched, or fortified. For additional guidance on the SFSP meal pattern and crediting requirements for the grains/breads component, refer to the CSDE's resource, [Requirements for the Grains/Breads Component of the SFSP Meal Patterns](#), and visit the "[SFSP Meal Patterns](#)" and "[Grains/Breads Component for the SFSP](#)" sections of the CSDE's SFSP webpage.



Enriched grain products and recipes made with enriched grains credit as the grains/breads component in the SFSP meal patterns. Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing.



The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B₂); niacin (vitamin B₃ or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate).

If a commercial grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour ([21 CFR 137.165](#)) and enriched cornmeal ([21 CFR 137.260](#)). Examples of enriched products include enriched bread, rolls, and buns ([21 CFR 136.115](#)); enriched macaroni products ([21 CFR 139.115](#)); enriched noodle products ([21 CFR 139.155](#)); enriched rice ([21 CFR 137.350](#)); and enriched farina ([21 CFR 137.305](#)).

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all nutrients originally present in the whole grain. For best nutrition, serve whole-grain products most often

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Identifying Enriched Products

A commercial product is enriched if it meets at least one of the two criteria below.

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is the **first** ingredient in the food’s ingredients statement (or water is the first ingredient and an enriched grain is the next ingredient). The label will usually state “enriched flour” or “enriched wheat flour,” or the grain ingredient includes a sub-listing of the five enrichment nutrients in parenthesis. The ingredients statements below show some examples of enriched commercial grain products.
 - Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, water, sugar, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin.
 - Ingredients: *Enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid)*, soybean oil with TBHQ for freshness, salt, contains two percent or less of corn syrup, baking soda, yeast, soy lecithin.

Table 1 shows more examples of enriched commercial grain products. For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the SFSP](#).

Table 1. Examples of enriched commercial grain products ¹

Saltine crackers (group A)

Ingredients: *Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate riboflavin folic acid)*, canola oil, palm oil, sea salt, salt, malted barley flour, baking soda, yeast.





Oat bran bread (group B)

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.



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Table 1. Examples of enriched commercial grain products ¹, continued

<p>Pancakes (group C)</p> <p>Ingredients: Water, <i>enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)</i>, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.</p>	
<p>Spanish rice (group H)</p> <p>Ingredients: <i>Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)</i>, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.</p>	
<p>¹ The serving must provide the required weight (groups A-G) or volume (groups H and I) for the appropriate grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Serving Size for Enriched Grain Products and Recipes" in this document).</p>	

Crediting Criteria for Enriched Commercial Combination Foods

Commercial combination foods that contain an enriched grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains/breads component if the first *grain* ingredient is an enriched grain. If the grain portion is listed separately, the first ingredient in the *grain portion* (excluding water) must be an enriched grain.

The ingredients statement below shows an example of a breaded chicken patty that lists the grain ingredient together with the other ingredients. This product credits as an enriched grain because the first *grain* ingredient is enriched flour.

- Ingredients: Boneless, skinless chicken breast with rib meat, water, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.

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The ingredients statement below shows an example of a breaded chicken patty that lists the grain portion separately. This product credits as an enriched grain because the first ingredient in the *grain portion* is enriched flour.

- Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.

SFSP sponsors must obtain appropriate crediting documentation to determine the grains/breads servings in the grain portion of commercial combination foods. For more information, refer to “[Crediting Documentation for Commercial Enriched Grain Products](#)” in this document.

- Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.

Grain Products that are Not Enriched

Not all refined products are enriched. For example, when corn is processed into cornmeal, the germ of the grain is removed. The resulting cornmeal is not enriched unless the product states “enriched cornmeal,” or the ingredients statement lists the five enrichment nutrients, e.g., “enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid).”

The ingredients statement below shows an example of a commercial breaded chicken patty product. This product does not credit as the grains/breads component because the first ingredient in the breading (wheat flour) is not enriched.

- Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. **Breaded with:** *wheat flour*, water, yellow corn flour, dextrose, sugar, salt, yeast. Contains less than 2 % of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

Menu planners must check the ingredients statement to ensure that commercial grain products are enriched. Grain products that are not enriched do not credit in the SFSP meal patterns.

Table 2 lists additional examples of grain ingredients that are enriched or not enriched.

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Table 2. Examples of grain ingredients that are enriched or not enriched ¹	
Enriched	Not enriched ²
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour ³
Enriched corn grits	Corn grits ³
Enriched cornmeal	Cornmeal ³
Enriched degerminated cornmeal	Degerminated cornmeal
Enriched durum flour	Durum flour
Enriched durum wheat flour	Durum wheat flour
Enriched farina	Farina
Enriched flour	Flour
Enriched rice	Rice
Enriched rice flour	Rice flour
Enriched rye flour	Rye flour
Enriched self-rising flour	Self-rising flour
Enriched semolina flour	Semolina flour
Enriched wheat flour	Wheat flour
Enriched white flour	White flour
Enriched white cornmeal	White cornmeal
Enriched yellow cornmeal	Yellow cornmeal
Milled corn enriched with....(<i>lists the five enrichment nutrients</i>)	Milled corn
Puffed wheat enriched with....(<i>lists the five enrichment nutrients</i>)	Puffed wheat
Puffed rice enriched with....(<i>lists the five enrichment nutrients</i>)	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour
¹ This list is not all-inclusive. ² These ingredients are not enriched unless the label states “enriched” or the ingredients statement lists the five enrichment nutrients.	



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Crediting Documentation for Commercial Enriched Grain Products

SFSP sponsors must be able to document that commercial grain foods meet the crediting requirements of the SFSP meal patterns. If the ingredients statement does not provide sufficient information to determine if a grain product is enriched, SFSP sponsors must obtain a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or a manufacturer's product formulation statement (PFS).

For more information, refer to the CSDE's resources, [Product Formulation Statements](#) and [Child Nutrition \(CN\) Labeling Program](#), and the USDA's documents, [Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program](#), [Summer Food Service Program](#), and [NSLP Afterschool Snacks](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

When a PFS is required

SFSP sponsors must obtain a PFS for commercial enriched grain products when any of the following apply:

- an enriched grain is not the first ingredient, but the product contains more than one enriched grain;
- a combination food that contains a grain portion is not CN labeled;
- the manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart; or
- the product is not listed in the USDA's Exhibit A chart.

SFSP sponsors should verify the accuracy of the PFS prior to including the product in reimbursable meals and snacks. All crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the SFSP.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the commercial product cannot credit in SFSP meals and snacks

For additional guidance on documentation for commercial products, refer to the CSDE's resource, [Accepting Processed Product Documentation in the SFSP](#), and visit the "[Crediting Commercial Processed Products](#)" section of the CSDE's SFSP webpage.

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Crediting Documentation for Enriched Grain Foods Made from Scratch

SFSP sponsors must have recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the SFSP sponsor and foods prepared by vendors. The USDA encourages SFSP sponsors to use standardized recipes to ensure accurate crediting information. Menu planners should use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine food yields and crediting information for SFSP recipes.

Recipes that contain enriched grains credit as the grains/breads component based on the amount of enriched grains per serving. Menu planners must determine the recipe's grains/breads servings using one of the following methods: 1) the grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart where the grain food belongs (refer to "Serving Size for Enriched Grain Products and Recipes" below).

For more information, refer to the CSDE's *Standardized Recipe Form for the SFSP* and visit the "Standardized Recipes" section of the CSDE's SFSP webpage.

Serving Size for Enriched Grain Products and Recipes

The required amount for the SFSP grains/breads component is in servings. The amount of an enriched grain food that provides one serving varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving of the grains/breads component, a roll must weigh 25 grams (0.9 ounce), a corn muffin must weigh 31 grams (1.1 ounces), and a blueberry muffin must weigh 50 grams (1.8 ounces). The minimum amount that credits toward the grains/breads component is ¼ serving.

The USDA allows two methods for determining the servings of a creditable grain product or recipe. SFSP sponsors may use either method but must document how the crediting information was obtained. These methods are summarized below.

For detailed guidance on both methods, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings in the SFSP*.

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs* (Exhibit A) to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the product or recipe belongs. The CSDE's resource, *Serving Sizes for Grains/Breads in the SFSP*, lists the Exhibit A servings that apply to the SFSP meal patterns.

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This method is used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving. For some commercial grain products, method 2 is required (refer to “[When a PFS is required](#)” in this document).

Method 2: creditable grains

Method 2 determines the SFSP grains/breads servings from the weight (grams) of creditable grains per serving. This method is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving.

To credit as one serving of the grains/breads component, grain foods in groups A-G of the USDA’s Exhibit A chart must contain **14.75 grams** of creditable grains and grain foods in group H must contain **25 grams** of creditable grains. The grams of creditable grains must be listed in the commercial product’s PFS or calculated from the grain quantities in the SFSP sponsor’s recipe.

Grain crediting tools

The tools below help menu planners determine the meal pattern contribution of creditable grain products and recipes.

- **USDA’s Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the grains/breads servings of commercial grain products. For more information, watch the USDA’s webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.



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Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children's age and developmental readiness when deciding what types of grain foods to offer in SFSP menus; and modify foods and menus as appropriate. For additional guidance, visit the "Choking Prevention" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Grain_Calculation_SFSP.pdf

Choose Breakfast Cereals that are Lower in Sugar (USDA webpage):

<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Crediting Breakfast Cereals in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Cereals_SFSP.pdf

Crediting Enriched Grains in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Enriched_Grains_SFSP.pdf

Crediting Foods in the SFSP ("Documents/Forms" section of CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Whole Grains in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Whole_Grains_SFSP.pdf

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Crediting Enriched Grains in the SFSP

Grains/Breads Component for the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

Meal Patterns for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf

Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf

Resources for the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf

Servings for Grains/Breads in the SFSP (CSDE):

https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Servings_Grains_Breads_SFSP.pdf

Standardized Recipe Form for the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Standardized_Recipe_Form_SFSP.docx

Standardized Recipes (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

USDA Memo SP 34-2019, SFSP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Enriched_Grains_SFSP.pdf.

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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